Healthy Cooking Class

Date:
June 3, 2015

Time:
5:30-7pm

Instructor:
Sarah Graves, Health Educator
And
Tiffany Clough, Health Educator

Bio:
Sarah Graves, Program Manager of UVU Wellness Programs, has a passion for overall wellness and assisting others in achieving their wellness goals. With extensive training in Intuitive Eating, and while completing her certification with Wellcoaches, she has helped hundreds of clients and classes learn how to improve their nutrition and eating habits. She is forever grateful to UVU for her UVUSA leadership experience, degree in Community Health (2012), and now the opportunity to work full time helping people achieve optimal wellness. She is married to her best friend Garrett and loves running, playing softball, being in the outdoors, and going on adventures with him.

Tiffany Clough, Wellness Specialist of UVU Wellness Programs, has a great love for all things wellness, especially nutrition. She has successfully planned many Healthy Cooking classes here at UVU serving over 200 people. She completed her Bachelors of Science in Community Health Education and is a Certified Health Education Specialist. During her time at UVU Wellness Programs, she has coached a variety of clients and classes through various wellness habits, including nutrition and Intuitive Eating principles. She is always upbeat and ready to assist others in achieving their best selves. When she’s not coaching clients or coordinating cooking classes, you can find her biking with her husband, hiking, traveling, experimenting with healthy new recipes, and spending time with her wonderful family and friends.

Class:
Quick, Healthy Meals & Snacks

Description:
Come learn how to take charge of your health through better nutrition! In this interactive workshop at our Demonstration Kitchen, you will get to taste a variety of nutritious recipes-and learn why they are good for you. You will learn how to keep your energy levels high using good and strategic nutritional principles. You will learn why you shouldn’t deprive yourself of food, but rather learn how to eat intuitively-eating a variety of nutritious foods and your favorite sweets and treats in moderation. You’ll come away from this workshop with recipe handouts, delicious food samples, resources, and more!